

New Orleans Red Beans

Serves 8

- 1 lb dry red beans
- 2 quarts water
- 1 1/2 cups chopped onion
- 1 cup chopped celery
- 4 bay leaves
- 1 cup chopped sweet green pepper
- 3 tbsp chopped garlic
- 3 tbsp chopped parsley
- 2 tsp dried thyme, crushed
- 1 tsp salt
- 1 tsp black pepper

Pick through beans to remove bad beans; rinse thoroughly. In a 5-quart pot, combine beans, water, onion, celery, and bay leaves. Bring to boiling; reduce heat. Cover and cook over low heat for about 1 1/2 hours or until beans are tender. Stir and mash beans against side of pan.

Add green pepper, garlic, parsley, thyme, salt, and black pepper. Cook, uncovered, over low heat until creamy, about 30 minutes. Remove bay leaves.

Serve over hot, cooked brown rice, if desired.

Nutritional Analysis

calories: 171
total fat: 0.5 g
saturated fat: 0.1 g
carbohydrates: 32 g
protein: 10 g
cholesterol: 0 mg
sodium: 285 mg
dietary fiber: 7.2 g

Healthy Cooking Tip

Substitute beans and grain dishes for high-fat meats